

East Columbia 50+ Center

January 2017 Events



Hours: Mondays and Wednesdays, 8:30 am-8:30 pm
Tuesdays and Thursdays, 9am-4:30 pm
Fridays, 8:30 am-4 pm

Monday	Tuesday	Wednesday	Thursday	Friday
New Year Day Holiday Center Closed 2	10 Seated Yoga 10 Color with Us 11 Sew Who Cares 11 Qigong Drop-in 12 Poker 1 Zumba 2 Yoga 2 Short Stories 3 Urban Line Dance 6 Family Law 3	10 Mahjong 2 Bid Whist 4 Tai Chi Beginner 5/6 Tai Chi Fan 7 Soul Line Dance 4	11 Tai Chi Sword P 12 Tai Chi Practice 12 Poker 1 Ballroom Dance 1 Chess 3:30 Tai Chi P 5	9 Beginner Writing 9:15 Draw & Paint 9:30 Advanced Walking at Columbia Mall 1 Pinochle 1 Bridge 1 Watercolor Basics 6
9 Legal Aid 10 Chinese Painting 10 Morning Workout 11 & 12:15 Yoga 12 Mahjong 1:30 Bridge 2 Tai Chi P 3 Cool Line Dance 4 Pinochle 5/6 Tai Chi Advance 7 Caregiver Support 7 Soul Line Dance 9	9 Exercise w/Ease 10 Seated Yoga 10 Color with Us 11 Qigong Drop-in 11 Sew Who Cares 12 Poker 1 Zumba 1 Clutter Busters 2 Yoga 3 Urban Line Dance 3:30 iPad Lab 10	10 Mahjong 2 Bid Whist 3 Strength Training 4 Tai Chi Beginner 5/6 Tai Chi Fan 7 Soul Line Dance 11	9 Exercise w/Ease 11 Tai Chi Sword P 12 Tai Chi Practice 12 Poker 1 Ballroom Dance 1 Chess 2:30 Strength and Stretch 3:30 Tai Chi P 12	9 Beginner Writing 9:15 Draw & Paint 9:30 Advanced Walking at Columbia Mall 1 Pinochle 1 Bridge 1 Watercolor Basics 13
Martin Luther King, Jr. Holiday Center Closed 16	9 Exercise w/Ease 10 Seated Yoga 10 Color with Us 11 Sew Who Cares 11 Qigong Drop-in 12 Poker 1 Zumba 2 Yoga/Short Stories 3 Urban Line Dance 17	10 Mahjong 2 Bid Whist 3 Strength Training 4 Tai Chi Beginner 5/6 Tai Chi Fan 7 Soul Line Dance 18	9 Exercise w/Ease 10 Bridge Beyond Basics 11 Tai Chi Sword P 12 Tai Chi Practice 12 Poker 1 Chess/Ballroom 2:30 Strength and Stretch 3:30 Tai Chi P 6:30 New Release Cinema 19	9:15 Draw & Paint 9:30 Advanced Walking at Columbia Mall 11 Creative Writing 1 Pinochle 1 Bridge 1 Watercolor Basics 20
9 Legal Aid 10 Chinese Painting 10 Morning Workout 11 & 12:15 Yoga 12 Mahjong 2 Tai Chi P 3 Cool Line Dance 3:30 Nutrition Appts. 4 Pinochle 5/6 Tai Chi Advance 7 Soul Line Dance 23	9 Exercise w/Ease 10 Color with Us 10 Seated Yoga 11 Sew Who Cares 11 Qigong Drop-in 12 Poker 1 Zumba /2 Yoga 3 Urban Line Dance 3:30 iPad Lab 7 World Language Café 24	10 Mahjong 11 BYO Beads 2 Bid Whist 3 Strength Training 4 Tai Chi Beginner 5/6 Tai Chi Fan 7 Soul Line Dance 25	9 Exercise w/Ease 10 Bridge Beyond Basics 10 Learn to Move 11 Tai Chi Sword P 12 Tai Chi Practice 12 Poker 1 Chess/Ballroom 2:30 Strength and Stretch 3:30 Tai Chi P 26	9:30 Advanced Walking at Columbia Mall 1 Pinochle 1 Bridge 1 Watercolor 27
9 Legal Aid 10 Chinese Painting 10 Morning Workout 11 & 12:15 Yoga 12 Mahjong 1:30 Bridge 2 Tai Chi P 3 Cool Line Dance 4 Pinochle 5/6 Tai Chi Advance 7 Soul Line Dance 30	9 Exercise w/Ease 10 Color with Us 10 Seated Yoga 11 Sew Who Cares 11 Qigong Drop-in 12 Poker 1 Zumba 2 Yoga 3 Urban Line Dance 31	Notary Services Hours Beginning on January 3, 2017 notary services will be available 10am – 2pm Tuesday, Wednesday and Thursday		East Columbia 50+ Center Staff Meridy McCague Ellen Brown Alma Blue Earl Saunders

iPad Lab and Technology Tune Up

Make your appointment for our Genius Bar. Bring in your tablets, phones, laptops or any other device that baffles you. Our experts will help and guide you.

When: Tuesday, January 10 and January 24

Time: 3:30 pm

Cost: Free

The Power of Positive Thinking

The power of your thoughts is a mighty power that is always shaping your life. Positive thinking can bring you joy and help you turn your dreams into reality. The good news is positive thinking can be learned. This class will be taught by Executive/Life Coach, Mary Pat Donelan.

When: Wednesday, January 11

Time: 10 am – 11am

Cost: Free

Bridge Lessons – Beyond Basics

This class is a continuation from the Beginner Bridge class. We will discuss such concepts as transfers, preemptive bids, defensive strategies and improving your chances as declarer. Please stop by to register for this class.

When: Thursdays, January 19, January 26, February 2 and February 9

Time: 10 am - 12 Noon

Cost: \$43

Strength and Stretch

Led by instructor Susan Bisson, this new class combines strength, stretching and core training to help you get the most out of your workout in the least amount of time. Please stop by to register for this class.

When: Thursday, January 12, January 19 and January 26

Time: 2:30 pm

Cost: \$18

Learn to Move

Learn how to apply sound movement techniques to your everyday life. You will learn the proper way to move during exercising to keep you safe and avoid injury. Taught by a certified personal trainer. Please stop by to register for this class.

When: Thursday, January 26

Time: 10 am

Cost: \$5

SAVE THE DATE

Sight and Sound Theatre Bus Trip

Join East Columbia 50+ Center as we travel to Lancaster, Pennsylvania to see **Jonah** at the Sight and Sound Theatre. Lunch is at Hershey Farm Restaurant. **A deposit of \$50 is due by December 9, 2016** and final payment, March 15, 2017. Depart from East Columbia 50+ at 10 am and return at 7:30 pm. For more information, please call 410-313-7680.

When: May 3, 2017

Time: 10 am depart and 7:30 pm return

Cost: \$135

In the event of inclement weather, please watch or listen for school cancellations. If HOWARD COUNTY SCHOOLS status is:

1 HOUR DELAY— Center is open with programming as usual.

2 HOUR DELAY— Center opens at 10 am. There will be NO lunches served. Only classes and programs scheduled to begin at 10 am or after will be held.

CLOSED—Call the 50+ Center (410-313-7680) or Status Line (410) 313-7777 to see if or when the Center will open. All instructor-led programs are cancelled for the day. There will be NO lunches served.

AFTERNOON & EVENING ACTIVITIES CANCELLED--The Center will not hold any classes, programs or rentals after 4:30 pm.

Important Numbers and Information

If you need accommodations to attend events at East Columbia 50+ or an alternate format for this document, please call: **410-313-7680**. People with hearing or speech disability may contact Maryland Relay: 7-1-1.

Howard County Government does not endorse products or services associated with programs held at Howard County 50+ Centers. Howard County Government is not responsible for the performance or non-performance of sponsors.